**Day 16 – Numbered: Strength Upgrade + Metabolic Core + Deep Flexibility**

**Warm-Up (6 minutes)**

1. Wall Roll-Down – 3 slow reps (spinal control)

2. Arm Circles – 30 sec forward/backward

3. Hip Opener Circles – 30 sec each side

4. Torso Twists with Reach – 1 min

**Strength Progression Block**

5. Incline Dumbbell Press – **4 × 8–10,** 20 lb, Rest: 60 sec rest

6. Bent-Over Row – **4 × 8,** 20 lb, Rest: 60 sec rest

7. Lateral Raises (slow tempo 3-3) – **3 × 10,** 10 lb, Rest: 45 sec rest

8. Pull-Ups (Bodyweight) – **3 × 6,** Assisted if needed, Rest: 90 sec rest

**Metabolic Core + Trimming Superset**

9. Seated Knee-Lift Crunches – **3 × 20,** Bodyweight, Rest: Superset – 0 rest

10. Standing Side Crunches – **3 × 20 (10/side),** Bodyweight, Rest: Superset – 60 sec rest after pair

11. Plank Shoulder Taps (No knee pressure) – **3 × 20 taps,** Bodyweight, Rest: 45 sec rest

**Deep Flexibility & Cool-Down (5 minutes)**

12. Hamstring Forward Fold – 45 sec hold

13. Chest Door Opener – 45 sec per side

14. Wall Calf Stretch – 30 sec per leg

15. Overhead Arm Pull – 30 sec per side

16. Child’s Pose – 1 min

*Prepared by Jenny — human + machine = 1*